

Madison NORDIC Ski Club

Cross
Country
Skiing
For
Everyone

March
1999
Vol. 18
No. 5



Calhoon's Cross Country Column

President Dave Calhoon Reflects...

As I reflect on my two years as President and my four years on the board, what strikes me is that, for a club our size, we run an amazing array of programs and services. They include: monthly (during the season) club meetings and newsletters, our Tuesday night race series, Kid Ski, the Junior Program, trips, a hotline, a web site, a directory, work parties, and a picnic. Whew! What with skiing on top of that, it's no wonder your leaders are so tired by the end of the season.

This represents an enormous contribution of volunteer time and effort, and I'd like to take this opportunity to thank the people who made it all possible. First, your board members: Jimmy Vanden Brook, Vice-President; Willi Van Haren, Treasurer; Madeline Ura-neck and Clair Krueger, Social Co-Chairs; Sharon Klawitter, Publicity Chair; Margaret Rankin, Trips Chair; Ned Zuelsdorff and Jimmy Vanden Brook, Race Co-Chairs; Gail Van Sluys, Membership Chair; Stacey Meanwell, Newsletter Editor; and Pete Anderson, KidSki Chair. Next, three people who aren't on the board, but put in a lot of time: Don Fariss, Junior Program director; Mike Ivey, voice of the hotline; and Joe King, WebMaster. Finally, I'd like to thank all the Kidski coaches who helped our

youngsters stride and glide this season; the trip leaders; Jon Nordenberg for his continuing legal assistance; and everyone who came to a work party, volunteered at a race, or contributed an article to the newsletter. I could also extend this list to include the people who served on the board last year, and, indeed, all the people who have

served with me over the past four years, but then this column would be almost as long as the Academy Awards. I'm probably forgetting someone; if so, my apologies. You know you have my thanks and the thanks of the club as well.

At our November meeting, I said we'd use your survey comments to help us develop a mission statement. It seemed like

the thing to do at the time. Your comments, though, indicated strong support for what we're doing, and I realized later that we don't need a mission statement; we already have one. It's in our Articles of Incorporation and Bylaws, which say, in part, that our purpose is "to promote and advance the sport of Nordic Skiing through Club organized and sponsored trips, tours, ski and roller ski races, social activities, training clinics, and any other activities serving to advance the sport of cross-country skiing." I think our motto, which appears at the top of each issue...page 2

NEXT CLUB MEETING

Pot-Luck!!!

Monday, March 8, 7:00 p.m.

Promega BioPharmaceutical
Technology Center (BTC)
5445 E Cheryl Parkway
(off of South Fish Hatchery Road)

PROGRAM

- Jim Bruskewitz:
Structuring Your Training
- Awards, and Election of Officers

POST-BERKIE FISH TALES

Calhoon's Tenure, continued from page 1

of our newsletter, sums it up nicely: "Cross Country Skiing For Everyone."

In addition to the established programs mentioned above, the past two years have seen some special events and new initiatives for the club: we donated money to Blue Mound and the Badgers, gave the city our input on the proposed Elver shelter, co-hosted the first Women's Ski Clinic, established the Outstanding Service Award, took our first trip to Norway, and tried out a new meeting space. We also witnessed some new developments on the local ski scene: the use of trail fees at Elver and Odana, Madison purchasing a Track Truck, and the founding of the Wisconsin Nordic Network (WINN).

Who Knows what the next few years will bring? Possibilities include more lights at Elver and/or the introduction of snowmaking there. Increased collaboration with WINN or other clubs such as Blackhawk, Milwaukee, and/or North Star is also possible.

The past few seasons' weather has gotten us all thinking about global warming, if we weren't already. (Despite what Ken Starr says, I am *not* responsible for the weather.) Let's hope that it does not unduly influence our activities and plans. Obviously, if global warming continues, its impact on outdoor winter recreation will be the least of our worries. It would be a shame, though, to have even worse ski seasons than we had the past couple of years. Hopefully this trend will reverse itself, and soon.

While it hasn't always been a picnic, on the whole I have enjoyed being President. I have gotten to know a lot of great people both inside and outside the club. I hope I've been able to give a little something back to the sport that has given me so much. And I've learned that I can actually sit through committee meetings without going stir crazy if I'm motivated enough. Have a great dryland season, and I'll see you on the trails. *dc.*

It's potluck time again!

Since the season is nearly over for most of us, I'll de-emphasize the carbo loading aspect of this meal and emphasize instead the taste part: 'Yuummm! Skier food good!' Please bring your delicious dishes to pass. Since we expect lower attendance at this meeting, we will hold it in the cafeteria rather than the auditorium.

Well-known Madison-area triathlete and coach Jim Bruskewitz, M.S., will speak to us about structuring your training schedule for endurance sports. Jim is a two-time consecutive national age-group triathlon champion and has won both bronze and silver medals in his age group at the World Triathlon Championships. He founded Endurance Performance in 1992 to provide physiological testing and specific training programs for endurance athletes. Jim received his Master's from the UW-Madison, where he is an Associate Lecturer in the Kinesiology Department. He also heads a water running program and coaches a Masters Swim Team at the UW Hospital and Clinics Sports Medicine facility.

If you are serious about racing, you know that the time to start planning your training for next season is now. This will be an excellent opportunity to get some tips from a real pro.

Jim's talk should appeal to the not-so-serious racers and tourers among us, as well. Perhaps you'd like to find out how to make the most of your limited training time, or discover what you can do to reduce injuries. Maybe you'd just like to hurt less after the Birkie or a long tour. Whatever your level of fitness or commitment to racing is, Jim's talk will be of value.

Afterwards, we will present the club Birkie and Kortie trophies, the Elver Park Race Series awards, and several other awards. We will also elect board members for next season. Come enjoy this last chance to socialize with your ski buddies for the season!

dc.

Put Your Name On the Ballot at the March 8th Meeting

Several dedicated skiers have stepped forward and offered to serve on the board for the 1999-2000 season. Thank you! Right now, we have the following volunteers and vacancies:

<u>Office</u>	<u>Name</u>
President	Jimmy Vanden Brook
Vice-President	<u>You?</u>
Treasurer	Willi Van Haren
Social Co-Chairs	Madeline Urameck and Clair Krueger
Publicity Chair	<u>You?</u>
Trips Chair	Margaret Rankin
Race Chair	Ned Zuelsdorff
Membership Chair	Jim Coors
Newsletter Editor	John Taylor
Newsletter Advertising Coordinator	<u>You?</u>
KidSki Chair	Pete Anderson

If you are interested in serving on the board, please contact President Dave Calhoon. The current Vice-President and Publicity Chair would be happy to describe the job duties to you (see list of officers-back page). *dc.*

Reminder—Trip Leaders Needed For Next Season

As previously announced, we would like to plan our trips—especially those involving overnight stays—farther ahead. We'd like to have the list of trips finalized by September 30. If you would like to lead a trip, please contact Trips Chair Margaret Rankin and let her know. *dc.*

Governor Nelson State Park Needs Your Help

I received a nice note from Penni Klein, Manager at Governor Nelson, thanking us for the pizza and the opportunity to speak at the February meeting. As Penni mentioned during her talk, the park needs to know that people enjoy and support the new trails out there. Apparently,

a small group of park neighbors are objecting quite vocally to these trails, which were developed through a standard DNR parks planning process. It seems that a few neighbors have come to regard Governor Nelson as their private park, rather than as a *state* park, and don't like to see people using these trails. The next time you're out at Governor Nelson, please fill out a comment card expressing your support of the trails or grooming. If you would like to write a brief letter, send it to:

Penni Klein, Manager
Governor Nelson State Park
5140 County Highway M
Waunakee, WI 53597-9156

Notes on the

USA Ski Archery Team by Gail Vansluys

Sue Crouch, from the Madison Nordic Ski Club, is one of the eight members of the USA Ski Archery Team participating in upcoming World Cup events. The team is made up of four men and four women who combine cross-country skiing and shooting bows in the competition. Sue is the only member from the Midwest with the other members coming from California, Colorado, Idaho, Maine, Utah, and Wyoming.

Ski Archery is a relatively new sport in the USA with most of the established teams coming from Europe. Sue attended three training camps, two were near Jackson Hole, Wyoming, last October and December, the third camp was held in Salt Lake City, Utah in January. She finished 2nd in the Utah State Games last January in Park City Utah, and finished 3rd in the USA National Competition at the Sugarloaf ski resort in Maine this February. She will be competing in the individual and team events at the World Cup Ski Archery competition in Bessans, France this March, a week after skiing the Engadin Worldloppet race in Switzerland.

Sue was recruited by Easton Archery representatives at the Ski Archery demonstration at the American Birkebeiner last year. The team is sponsored by Easton Archery, the National Archery Association and Adidas Sportswear...p.4

USA Ski Archery, continued from page 3

Ed Eliason, a prior Olympian and world-class archer from Easton is the archery coach, Dale Niggemann from Wisconsin Rapids is the ski coach and Sue's husband, Dick Gjerde, has been assisting both coaches.

Ski Archery includes an individual event where the women ski 4k with their bows in a back pack designed for Ski Archery, then shoot four arrows at 18 meters (20 yards)-while standing-then ski another 4k and shoot another four arrows kneeling. The men do the same with an additional 4k of skiing and shooting 4 more arrows. It is a timed event and for every arrow that is missed you must ski an additional 300 meters. The bows pulling weight can't exceed 40 pounds and you shoot at knock down targets, 10 centimeters in diameter (3 7/8") if you choose to shoot a compound bow or 16 centimeters (6 1/4") if you choose to shoot a recurve bow. There is also a team event for the women and a separate team event for the men. Each team has three members who ski 4k and shoot 4 arrows to make up a combined team total.

Most competitors skate ski and shoot recurve bows. Sue skates and is shooting a compound bow especially designed for Ski Archery by Ed Atwood who is in her Archery Club. Sue has been skiing since 1985 and hunting with a bow since 1980 so this sport is a perfect fit for her.

The key to the sport is to be able to ski as fast as possible for 4k, pick up your arrows, take your bow out of your back pack and then shoot four arrows and hit the targets with your heart rate in the 160 - 180 bpm range. The current top competitors are skiing within a few seconds of each other, therefore the events are won by the fastest and most accurate archers.

gv.

'Madnorski' Skis Black River Falls with the North Stars Outing Club (MN) by Greg Fengel

January 23, 1999

I think I was most intrigued by the name 'Madnorski' than anything. I ran across your website

last year and found out that 'Madnorski' relates to a ski club of nordic skiers from Madison, WI.

I have traveled to Madison many times—often times skiing at Elver Park, where the ski trails are lighted. My wife is from Madison, so I felt somewhat of an urge to reach out and try to connect with the Madison ski club. I contacted the club and offered to coordinate a joint venture ski trip with them this winter. They were interested, and here is the rest of the story:

I connected with Madeline Urameck, from Madnorski and we planned a trip to Black River Falls for a day of skiing. This trip was about a two hour drive for both of us. Upon entering the Wildcat parking lot at Black River State Forest, I saw at least twenty cars. NSSTC also had a single's trip that weekend, and Al Volkers made it a point to be there at the same time we were.

I always get a rush, when I see lots of skiers and great snow. There was 18" of snow on the ground and, as it turned out, another four inches on the way. There were eight NSSTC members that drove that day to ski and another 28 already on the trails. The Madnorski folks started driving in and by 11:30 A.M., nine ski club members from Madison showed up.

Their pride showed, with many cars sporting the Madnorski bumper sticker and some people wearing their Madnorski wind breakers.

The trails were in good shape, with fresh snow falling and it created a post card picture for our enjoyment. The downhill were screaming fast and the uphill were very manageable with the fresh snow. We skied about three hours and then met with the Madison club for a late lunch at Perkins.

One of the exciting things about cross country skiing is meeting people with the same interests. We all love to ski and enjoy the wonderful outdoors. Sharing stories with Madeline and her group was very much fun. I think we might just plan a weekend trip next year with Madnorski and further expand our horizons.

gf.

How do those KidSki kids ski?

by Pete Anderson

Kidski happened this year despite some challenges from the weather.

We had about 35 kids signed up and meet every week, save one. Now, it's true that one of those weeks was so icy you could hardly stand up, and one had bare ground. But still, we improvised and managed to have some fun!

We skied a lot, played soccer and other games, ran relays, watched ski videos, and ate pizza. And as always, we had some great and enthusiastic coaches—some of whom don't even have kids: Greg and Linda Jones, Derek Popp, Tom and Sue Gallagher, Claire Krueger, Peter Berbee, Dave Robb, and Mark Torresani all turned out every week, and the kids loved it. These folks deserve a big thanks for their contribution to the future of the sport.

Kidski next year sees the possibility of change, particularly if the new shelter at Elver materializes. If you'd like to help engineer the creation of a whole generation of new Bill Kochs, think about joining us. Sometime next summer we'll start talking about it, and maybe you'll feel the need to be there. See you then. *pa.*

A JUNIOR MADNORSKI PERSPECTIVE by HOPE STEGE

Perhaps you have seen a few of the Mad-NorSki Juniors - we are easy to spot in red, white and blue lycra racing hats and jerseys. We are a group of teenagers who are addicted to the thrill of going fast on snow, and who want have fun as well as improve our technique and stamina. The Wisconsin High School Championships on February 13th and 14th were a test of our training over the past several months...p6.

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Junior Madnorski, continued from page 5

The meet was a chance for us to compare ourselves to racers from around the state, and to get a feel for the intensity of a big high school race.

Many team members left straight from school on Friday to reach the AquaVista Motel in Shell Lake by late evening. Following a reception from Coach Don Fariss and a team-wide game of "Truth or Dare," we all returned to our rooms and got to bed.

When our friends in Madison would have still been asleep, eight-thirty on Saturday morning found Team MadNorSki gathered in Don's motel room for a team meeting. We were all excited and ready to race, yet I still felt myself starting to get a bit nervous about the day's competition.

My mom drove me over to the race site (at Timberland Hills near Cumberland, WI) and I met Don and our wax technician, Willi Van Haren. They usurped my skis and got them ready to roll. This was my first High School Championship Meet, and also my first two-day race. Saturday was the classical race, followed by skating on Sunday. The event was held in a pursuit format, so overall medals were awarded as well.

With newly waxed skis and a good warm-up under my belt, I was ready for the start of the race. I must admit, my memories of the first five kilometers are pretty blurry. I just know it was hard work. As I was nearing the end of the race, I came up the last hill and around the corner and suddenly saw several clumps of red, white and blue hats. Between the parents and the team members, I had constant cheering and encouragement for the last several minutes of the race. As I reached the finish line, I had a sudden sense of accomplishment and was able to remember once again how fun it is to ski.

The rest of the afternoon was spent cheering on teammates and watching the other races. At the end of the day, we raced back to the AquaVista and all took very fast showers. Luckily, we

did not run out of hot water. We loaded into the minivans and went to Spooner High School for the Spaghetti Feed. Though we started out in high spirits, the day's excitement took its toll and we were a sedate bunch on the way back to the motel. Most of us were more interested in going to bed than waxing for the next day's freestyle race. Luckily, Don and Willi set up shop on a porch and got the waxing done. With about a dozen pairs of skis to wax, Don expressed his gratitude more than once for the invention of the rotobrush.

The following morning began with a Valentine's Day visit from Cupid (aka Coach Don). We packed up and drove over to the trails again, setting up camp at one end of the parking lot. The boys' race was scheduled first, so I had ample time to wander around the race site. We were fortunate enough to have plentiful volunteers and freshly groomed snow. Both Saturday and Sunday were clear days with comfortable temperatures.

The excitement level was high as the first male skiers approached the finish line. We kept our eyes peeled for the tell-tale hats worn by all the MadNorSki guys. As the male race was finishing, I put on my racing jersey and did a last-minute warm-up. The officials lined us up for the start while Willi and Don did some last minute work in my skis. I buckled my boots in, and slid the skis back and forth on the snow. They were rockets! The race itself seemed only a few minutes long. I could not believe I was almost done when I saw the MadNorSki cheering section at the base of the last big climb. However, my body was glad to reach the finish line.

Though I was exhausted after the race, it was still wonderful to walk around and enjoy the company of other ski enthusiasts. The girls I raced against impressed me with their love for the sport, as well as their personalities and sportsmanship. An incident that still sticks with me was when I was passed during the classical race, and the other skier actually encouraged me...p.7

Junior Madnorski, continued from page 6

to keep up with her for a few minutes.

The High School Championships were certainly a high point of my season, and have fueled me with the desire to train hard in order to improve for next year's meet. Most of all, the championships proved to me that skiing is more than a way to stay in shape. It has both introduced me to a group of dedicated people and taught me about myself.

Adopt an Elver Shrub

by Mike Ivey

My favorite place to ski in Madison is Elver Park—but not on the lighted trails.

Instead, I usually venture over to the unlighted, or the East Trails. Here, the snow always seems better because it hasn't been pounded by the hundreds of skaters doing the round and round on the main lighted loop.

Once you grind up the long climb on the East trails (talk about good training!) you pop into the red pines at the top of the hill. If you let your mind wander, you can almost imagine you're skiing up north somewhere.

The views from the East trails are some of the best in the city. You can look southwest down the glacial meltwater valley toward Badger Prairie Park. To the east, is a view of the Capitol and downtown.

With the new shelter going in this summer at Elver Park, the city is also working to improve the East Trail system. This includes relocating a portion of the trail along the hilltop to a more protected area out of the wind.

As part of the improvements, the Madison Nordic Ski Club is working with the city to plant trees and shrubs along the East Trails to offer shade and protection from the wind.

Here is the deal: the city will contract with

a local landscaping company to plant 200 trees and shrubs along the East Trails. We're not talking spindly root stock but rather full-size shrubs and trees -- 4 to 6 feet tall. The cost of the planting is about \$4,000, which comes out to \$20 each, installed. If you've ever had any landscaping work done, you'll understand that is a great price.

Matching funds from Madison's "People For Parks Program" will pay half the cost -- which means if the MNSC can raise \$2,000 the planting can begin this spring.

You do the math. If 100 people each buy one shrub at \$20, we can have a major trail enhancement that will improve year after year. Think of it as an investment in the park and good skiing for future generations.

Better yet, if we get a few large contributions there is a possibility of doing even more plantings.

Since the new \$600,000 shelter is being built without any financial support from the MNSC, the planting is a great chance for members to get involved with improving the skiing at Elver Park.

To contribute, send a check now to:

Madison Nordic Ski Club

PO Box 55281

Madison, WI, 53705

- Indicate on the check that it's for The Elver Tree and Shrub Fund.

For more information, call Mike Ivey at 233-8014 (H) or 252-6431 (W).

Hail to the Victorious...

Rachel Rapp (daughter of Dale and Joanna Fanney) took third place in the girl's age 10-12, 4k skate ski at the Badger State Games!

- Got News, ski or otherwise? Pics are good. Pass 'em on!
- How 'bout a 'Who's Who' members' column?
- Any ski tekkies ready to share equipment reaserch?
- Tired of Pasta? Any creative carbo loading recipes?
- What are you doing this summer?

Send these and any other tomes to the Ed. (see back page)

**From the North Star Journal
of Joe King**

1/24/99

With snow melting into bare ground and pellets of rain descending from black skies, it took an act of faith for nine intrepid Madnorski members to head off toward Black River Falls State Forest early in the morning of January 23.

'No way they'll have snow-Icy highways, Too warm.' said the disbelievers we left behind.

The hardy, early risers were rewarded for their faith, however, upon finding 18 inches of deep snow in the pine forests just two hours west of rainy Madison, and large, gentle flakes drifting slowly from gray skies.

The outing was an idea which had germinated during the summer, when Minnesota skier Greg Fengel sent an e-mail to the Madnorski web page, asking if club members would be willing to meet Twin Cities/Minnesota skiers at a point midway between Madison and St. Paul.

North Star Outing Club is North America's largest ski club. With 1500 members, the group sports an awe-inspiring list of outings—not only ski trips but also round-the-year bike, canoe, folk dance gatherings, and dryland training. The club has its outing calendar ready in the fall, and its November meeting swells to bursting as eager, snow-starved members come to sign up for skating, classical, race, back-woods, and cabin-to-cabin outings—and even ones with international destinations.

If you'd like to check out North Star's history, its three club divisions and its well-oiled web page—with fresh snow condition, trail maps, and weather updates from across the Midwest—type in:

<http://www.north-stars.org/>

If you'd like to receive North Star's outing list, however, you must become a member.

Mail \$12 with your address/email/tele # to:

North Star
PO Box 4275

St. Paul, MN 55104 (612) 924-9922.

You'll be surprised how many of their weekend ski trips take place right here in Wisconsin.

The merry group of Madnorski-ites and North Stars who met after skiing at Perkins Restaurant agreed that the club-meets-club outing was a great idea. We might venture next year to share an overnight, to give members more time to get acquainted and to ski more snowy, forested trails together.

So, What Do You Do After The Snow Melts?...

THE NORTHWEST SERIES:

NEW MOUNTAIN BIKE SERIES TO DEBUT

PRESENTED BY CANNONDALE and Ron Bergin

The Northwest Series sponsored by Cannondale is set to debut this coming mountain bike season. The Northwest Series will feature five of the best mountain bike races in northwest Wisconsin and will run from May through October. Top male and female finishers in the overall series will receive a Cannondale F900 mountain bike and a series trophy. The top age class finishers up to third place will receive pottery awards and Cannondale merchandise prizes. A Cannondale F500 mountain bike will be given away by random drawing at each event.

The five events that comprise the series include three established events, the revival of an old event, and one new event.

The series will open on May 22 with the Cable Off Road Classic—a 25 mile point to point event starting at Lakewoods Resort and finishing in downtown Cable.

The Hardscrabble Bump & Grind will resurface on June 26 after almost a ten year hiatus. The Bump & Grind will take place at Hardscrabble Ski Area near Rice Lake and will feature a 22 mile lap race.

August will feature two series events - the Jackpine Savage Mountain Bike Race on August 7—a 22 mile lap race in Spooner and the Seeley Lions Pre-Fat on August 28 in Seeley on a 20 mile looped course.

The series will close on October 10.....p.10

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Northwest Series, continued from page 8

with the premier of the Fat Back Boogie in Cable. The Fat Back will be a 30 mile point to point race starting in Cable and finishing in Namakagon. The course will use much of the Cable Off Road Classic course, only going the opposite direction, plus five miles of new and different trail. Series sponsors include Cannondale, Chippewa Springs, XL1, G&B Distributing, Sawmill Saloon, Don Johnson Motors, Mt. Hardscrabble, Riverbrook Bike & Ski, and Seeley Hills Ski & Bike. Two thousand to 2,500 participants are expected to ride in the series events. Over \$10,000 in merchandise prizes will be awarded to series winners.

For additional information call:

(715) 635-2134.

or contact: Ron Bergin (715)798-3599

Shannon Post is a junior at Madison West.



- 1) 1
- 2) 1
- 3) I have a great hat! (team "inside joke")
- 4) Something different every time I'm out.
- 5) Being part of a team. Being in a sport that challenges me and pushes me harder than I thought possible.
- 6) Determination to move up the ladder from "weak link in the chain" to team equal
- 7) My concentration on the movements and willing the snow to fly by me.
- 9) Ursula
- 10) Don't go where the path leads, instead make your own and leave a trail.
- 11) Nice Hat!
- 12) I love foreign languages and travel.

HERE'S MORE from the MAD-JUNIOR SKIERS...

"You mean there's more of them?" Yup, sixteen in all this year. So you'll have to wait until next year to meet them all.

So, for now, we asked of each skier:

- 1) How many years have you skied?
- 2) How many years have you Raced?
- 3) What is the best part of your skiing?
- 4) What needs work?
- 5) Why is skiing fun?
- 6) What motivates you?
- 7) What is your best mental skill?
- 8) Name a skier you admire.
- 9) Any Heroes?
- 10) Favorite expression?
- 11) What should MadNorSkis cheer to you in a race?
- 12) Anything else?

Christoph Ibele is a senior at Madison West.



- 1) 10
- 2) 1
- 3) My motivation and desire to ski
- 4) My technique
- 5) I like being outdoors in winter.
- 6) The fact that I'm not as talented a skier as I would like to be.
- 7) Persistence
- 8) Max Mogren [a talented Midwest skier/ Junior Nat'l's qualifier]
- 9) I admire different qualities in many people
- 10) You get out of life what you put into it.
- 12) I'm a cross-country runner at West and a lot of runners have come out to be on the team this winter.....P.11

**...And this issue's
participants answered...**

JUNIOR Skiers, continued from page 10

Hans Stege is a freshman at Madison West.



- 1) 2
- 2) 1
- 3) Classical
- 4) Skating
- 5) Beating my older sister. Feeling good after practice.
- 6) Getting in better shape and beating my sister by even more.
- 7) Maintaining tempo - learned from rowing/crew

- 8) My sister and Bill Koch
- 9) Andrew Carnegie (the philanthropist)
- 10) Spiffy
- 11) People Power!
- 12) I'm also out for rowing. I like the Simpsons.

Ken Van Haren is an 8th grader at Mt. Horeb

(Sorry Ken, you missed your photo op!)

- 1) 6
- 2) 3
- 3) My leg strength to weight ratio
- 4) Upper body strength
- 5) It gives me a chance to get out & exercise
- 6) So I can stay in shape for summer (for soccer)
- 7) Being able to pace myself
- 8) Bjorn Daehlie
- 10) (relates to soccer) Understanding that most of the game has nothing to do with kicking a ball is one step closer to understanding the game.
- 12) I play a lot of soccer.



Noah Kaufman is a sophomore at Madison West.



- 1) 11
- 2) 3
- 3) Hanging around afterwards and talking to everyone.
- 4) My technique (especially classical)
- 5) Because when I'm "on," I feel like I'm flying.
- 6) The person in front of me.
- 7) Mentally staying in the race.
- 8) Tom Kaufman
- 10) You give a little, you get a little.
- 11) C'mon! Your Dad is just a little bit ahead of you!
- 12) I'm a runner and am musically inclined on the saxophone.

Peter Rebholz is a freshman at Madison Memorial.



- 1) 7
- 2) 2
- 3) Skating
- 4) My endurance
- 5) It gets me outside and I'm not stuck in the house. I enjoy competition.
- 6) My Dad
- 7) Focusing on getting to the finish line
- 9) James Hetfield-guitarist for Metallica
- 12) I play guitar and like to snowboard.

THANKS!

All the juniors would like to thank the club membership for partially subsidizing their team uniforms. You can identify us in our black lycra tights and royal blue jerseys with white lower sleeves. We had to earn the uniforms by attending a certain number of practices and races. Thanks for supporting our efforts!

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Newsletter.....John Taylor (277.1066)

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